

WOMEN'S CARE OF WEST GEORGIA, LLC

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MEDICATIONS YOU CAN TAKE:

TYLENOL
TYLENOL COLD AND FLU
ROBITUSSION (PLAIN)
ZANTAC 75MG (TWICE A DAY)
SUDAFED
TUMS
MILK OF MAGNESIA

MEDICATIONS YOU CANNOT TAKE:

NYQUIL
BENADRYL
ASPIRIN
ALEVE
MOTRIN
ADVIL
ROBITUSSIN DM

(you should consult physician before taking any other medications)

SOLUTIONS TO COMMON PROBLEMS WITH PREGNANCY:

Headache (not a migraine): Two (2) Tylenol every four (4) hours.

Back and/or Legs hurting: Two (2) Tylenol every four (4) hours.

Toothache: Two (2) Tylenol every four (4) hours, if persistent, call Dentist.

Cold or Sinus Infection: Sudafed after 12 weeks (3 months) pregnant.
Robitussin (plain) ****Do not use DM****
Afrin Nasal Spray
Ocean Spray

Constipation: Senokot
Fibercon (any other fiber laxatives)
Drink lots of fluids (mainly water)

Diarrhea: Immodium AD

PROBLEMS YOU NEED TO CONSULT (CALL) PHYSICIAN ABOUT:

Bleeding: any signs of pink or red spotting or constant bleeding.
Heavy Bleeding like a period, go immediately to the ER.

Contractions: belly getting tight (hard) and then releases (softens). If this occurs Six (6) times or more in one (1) hour and does not stop go to Labor and Delivery at the Hospital.

Unusual Headache: blurred vision, nausea or migraine intensity.

Loss of Mucous plug: does not necessarily mean you are in labor, if you are greater than 35 weeks (8 months) there is no need to call. If you are less than 35 weeks (8 months) call your physician.

Leakage of Fluid: continuous flow or fluid from vagina. Clear or blood tinged in color
Having no urine odor, unable to control flow.

Swelling of Face/Hands: Severe swelling of the face or the hands.
(swelling of ankles or feet is normal in pregnancy)

Symptoms of Pre-Eclampsia: Headaches, Visual Disturbance (seeing spots or flashes), Epigastric (stomach) pains, if this occurs go to Labor and Delivery at the Hospital.